

## **DIABETES IN APPALACHIA KENTUCKY**

### **DIABETES IS A COMMON DISEASE:**

υ From **1997-1999**, there were approximately 838,045 individuals aged 18 and older residing in the Appalachian region of Kentucky. In this region, 60,938 individuals, **7.3%** of the adult population had diagnosed diabetes. This area contains the highest prevalence of diabetes in the state.

#### **Prevalence of diabetes by region**

<u>Region</u>	<u>Number</u>	<u>%</u>
Eastern KY	60,938	7.3
Western KY	42,763	6.1
Louisville	33,554	5.7
Central KY	25,037	4.9
Northern KY	16,360	5.2

### **DIABETES IS A CONTROLLABLE DISEASE:**

υ Current scientific evidence indicates that much of the morbidity and mortality associated with diabetes can be eliminated through aggressive treatment approaches to normalize blood glucose levels including routine physician visits, self-management training, a dilated eye exam, a foot exam, and a glycosylated hemoglobin level check.

υ Unfortunately, a wide gap still exists between current and desired diabetes care and practices. From 1997-1999, individuals with diabetes reported the following behavioral practices.

<b>Behavioral Practice</b>	<b>Kentucky</b>	<b>Appalachian Region</b>
Seeing health professional for diabetes = 1 time in the past year	88%	87%
Receiving a dilated eye exam within the past year	63%	53%
Receiving a foot exam = 1 time in the past year	56%	55%
Having hemoglobin A1C checked = 1 time within the past year	15%	14%
Having heard of a hemoglobin A1C	22%	19%
Receiving a flu vaccination within the past 12 months (1999)	57%	49%
Ever having a pneumonia vaccination (1999)	35%	31%

### **DIABETES IS COMMON IN KENTUCKY WITH THE HIGHEST PREVALENCE OF THE DISEASE OCCURRING IN THE APPALACHIAN REGION.**

**Data Sources:** 1997-1999 Kentucky Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention

